1. A method for transmitting a data block over a network from a first sending node to a first set of recipient nodes, comprising:

in the first sending node:

dividing the first set of recipient nodes into a subset of selected nodes, selected according to scoring criteria associated with each recipient node, and a subset of unselected nodes;

assigning at least one of the unselected nodes to at least one selected node according to scoring criteria associated with the respective selected nodes;

transmitting to each selected node a packet having a payload including the data block and a first list of the nodes assigned to the selected node, the list dynamically associating the selected node with the unselected nodes for the transmission of the data block to the unselected nodes.

- 2. The method of claim 1, wherein each unselected node is assigned to at least one selected node.
- 3. The method of claim 1, wherein the scoring criteria for at least one recipient node includes the effective bandwidth of that node.
- 4. The method of claim 1, wherein the scoring criteria for at least one recipient node includes the latency between the first sending node and that recipient node.
- 5. The method of claim 1, wherein the scoring criteria for at least one recipient node includes the amount of time since a packet from that recipient node was received by the first sending node.
- 6. The method of claim 1, wherein the data block contains audio data.

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- 7. The method of claim 1, wherein the data block contains video data.
- 8. The method of claim 2, wherein each unselected node is assigned to only one selected node.
- 9. A method for transmitting a data block over a network from a first sending node to a first set of recipient nodes, comprising:

in at least one selected node in the first set of recipient nodes:

receiving from the sending node the packet having a payload including the data block and a list of assigned nodes;

dividing the list of assigned nodes into a subset of selected assigned nodes, selected according to scoring criteria associated with each assigned node, and a subset of unselected assigned nodes;

reassigning at least one of the unselected assigned nodes to at least one selected assigned node according to the scoring criteria associated with the respective selected assigned nodes; and

transmitting to each selected assigned node a packet having a payload including the data block and a list of the nodes reassigned to the selected assigned node.

- 10. The method of claim 9, wherein each unselected assigned node is re-assigned to at least one selected assigned node.
- 11. The method of claim 9, wherein the at least one selected node includes at least two selected nodes.

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- 12. The method of claim 9, further comprising, in at least two of the first set of recipient nodes, generating a user discernable output reflecting information in the data block.
- 13. The method of claim 9, wherein the scoring criteria for at least one of the nodes on the list of assigned nodes includes the effective bandwidth of that node.
- 14. The method of claim 9, wherein the scoring criteria for at least one of the nodes on the list of assigned nodes includes the latency between the assigned node and the selected node.
- 15. The method of claim 9, wherein the scoring criteria for at least one of the nodes on the list of assigned nodes includes the amount of time since a packet from the assigned node was received by the selected node.
- 16. The method of claim 9 wherein the data block contains audio data.
- 17. The method of claim 9, wherein the data block contains video data.
- 18. The method of claim 10, wherein each unselected assigned node is re-assigned to only one selected assigned node.